

# YOUTH SURVEY

FAIRFAX COUNTY

## HIGH SCHOOL BOYS in Fairfax County

Self-reported by 10th and 12th grade boys on the  
Fairfax County Youth Survey

9%

report bullying others



15%

think there is no risk from  
smoking marijuana regularly

21%

report depressive  
symptoms



74%

of high school boys  
have never had sexual  
intercourse

10%

report binge drinking



70%

of high school boys who  
have had sex used a  
condom at last intercourse



## What You Need to Know

High school boys in Fairfax County report a high level of involvement and support in their families, schools, and community, and with their peers. While this is good news, high school boys are more likely than girls to bully others, use marijuana, and have sex.

Alcohol is the most commonly used drug by teens in Fairfax County. Forty-one percent of 10th and 12th-grade boys report having ever used alcohol, and 19% have used it in the past 30 days.

Marijuana is the second most commonly used substance for high school boys. Fourteen percent used marijuana in the past 30 days.

Depressive symptoms (feeling so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities) affect 21% of boys, while 32% report a high level of stress; 11% have considered suicide.

Seventy-four percent of boys report never having had sexual intercourse. However, of

those who have, 30% reported not using a condom at last sexual intercourse.

Twelve percent of boys report that they have been a victim of bullying, and 9% have bullied others.

Nine percent of boys report being a victim of cyberbullying, while more than half (53%) report being a victim of racial or cultural harassment.

Nineteen percent of high school boys report being the victim of emotional abuse in a dating relationship.

## What Can You Do?

### PROMOTE HEALTHY BEHAVIORS

- ✦ The teen years are a time of rapid growth, exploration, and risk-taking. Desire for independence can bring opportunities for unsafe or unhealthy behaviors.
- ✦ Behaviors are influenced at the individual, peer, family, school, community, and societal levels.
- ✦ Spend time with him. Build a relationship that includes trust, honesty, open lines of communication, and setting limits.
- ✦ Be a good role model. Eat right, exercise, deal with stress in healthy ways, and avoid drug, tobacco, and excessive alcohol use.
- ✦ Set rules, talk about expectations, and explain the consequences of breaking the rules. Teens who believe their parents disapprove of risky behaviors are less likely to choose those behaviors.

### UNDERSTAND, ENCOURAGE, LEARN, AND ACT

- ✦ Understand that it's normal for a teen to want to try new things.
- ✦ Understand that when he is angry with you, he may rebel by making poor choices. Turn his mistakes into lessons, show him you still love him, and point out the good things he does.
- ✦ Encourage and support his involvement in positive pro-social activities such as sports, school clubs, the arts, community service, and any activity that provides a sense of belonging.
- ✦ Encourage him not to be ashamed of having a problem with stress, relationships, grades, weight, drugs, or alcohol, but to learn how to handle problems in healthy ways.
- ✦ Learn about teen depression and suicide; alcohol and drug abuse; bullying and dating abuse; and eating disorders.
- ✦ Consult with your doctor, school staff, local hospitals, or county services. Read books and get information from websites on preventing and handling risk-taking behaviors. Join and support school and community coalitions.

Adapted from [www.drugabuse.gov](http://www.drugabuse.gov) and [www.drugfree.org](http://www.drugfree.org).

## Who Can Help?

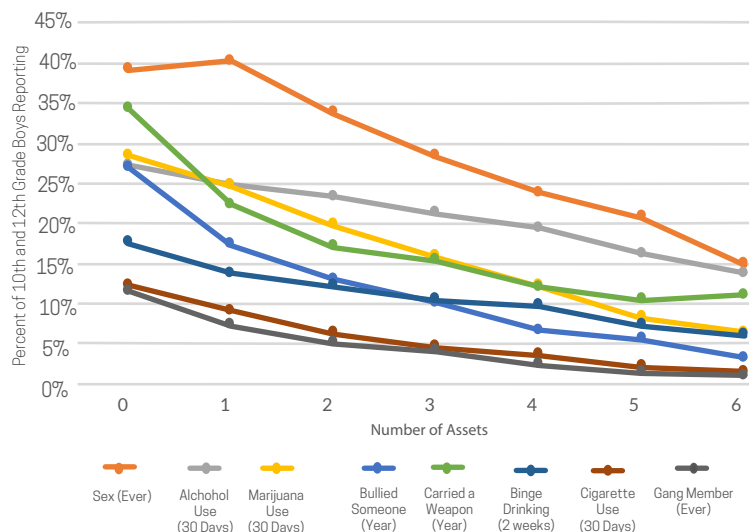
Fairfax-Falls Church Community Services Board (CSB)  
[bit.ly/FairfaxCSB](http://bit.ly/FairfaxCSB)  
Entry & Referral 703-383-8500, TTY 711 24-Hour  
Emergency Services 703-573-5679, TTY 711

Fairfax County Public Schools  
[bit.ly/FCPSspecialsvcs](http://bit.ly/FCPSspecialsvcs)  
Intervention and Prevention Services 571-423-4020  
Student Safety and Wellness Office 571-423-4270

THREE TO SUCCEED IS BASED ON THE YOUTH SURVEY ANALYSIS THAT SHOWS HAVING JUST **THREE ASSETS** DRAMATICALLY REDUCES RISK BEHAVIORS AND PROMOTES THRIVING YOUTH.

Assets are strengths in young people, their families, friends, schools and communities that help them thrive in health, in school, in daily life, and in a safe environment. The more assets a person has, the fewer risk behaviors they report and the Youth Survey shows that every asset makes a difference.

Young people in Fairfax County report positive influences from the people and other assets in their lives, though there are disparities that make it more challenging for some to thrive. Take action to be an asset in any young person's life and help build a stronger, more positive community that benefits ALL children.



## Assets

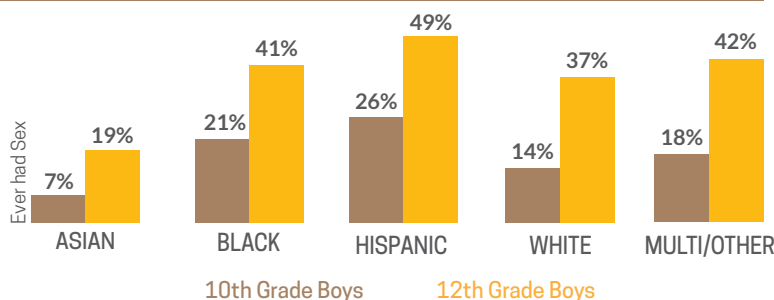
Having high personal integrity  
Having community adults to talk to  
Performing community service

Participating in extracurricular activities  
Having teachers recognize good work  
Having parents available for help

## Sexual Health

EVER HAD SEX	26%
EVER HAD ORAL SEX	30%
NO CONDOM DURING LAST SEX*	30%
HAD 4+ SEXUAL PARTNERS*	25%

\*Among students who have ever had sex.



## Past 30-Day Drug Use

ALCOHOL	19%
CIGARETTES	4%
E-CIGARETTES	6%
MARIJUANA	14%
PAINKILLERS*	5%
OTHER RX MEDS*	5%

\*Reported use is for non-medical use of these drugs.

## Physical Health

3+ HOURS OF SCREENTIME DAILY	63%
ACTIVE 5+ DAYS PER WEEK	48%
8+ HOURS OF SLEEP DAILY	26%
EAT 5 FRUITS OR VEGETABLES DAILY	22%
DRINK SUGAR-SWEETENED BEVERAGE DAILY	46%

## Protective Factors

High school boys in Fairfax County report they:

- Are involved in extracurricular activities (77%) and that teachers notice their good work (63%).
- Volunteer for community service (58%).
- Have parents who are available for help (83%).
- Have community adults they can talk to (43%).

### WEBSITES FOR MORE INFORMATION

Fairfax County Youth Survey  
[www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey)

Fairfax County Prevention System  
[bit.ly/FairfaxPrevention](http://bit.ly/FairfaxPrevention)

US Office of Adolescent Health  
[www.hhs.gov/ash/oah](http://www.hhs.gov/ash/oah)

NIDA for Teens  
[teens.drugabuse.gov](http://teens.drugabuse.gov)

Stop Bullying  
[www.stopbullying.gov](http://www.stopbullying.gov)

The Fairfax County Youth Survey was administered in the fall of 2016.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-4600, TTY 711.



A Fairfax County, Va., publication  
February 2018